



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Pennsylvania

All statistics are based on parental reports.

National %	State %	
14.8	13.3	Percent of children who are overweight
21.9	16.6	Age 10-11
14.4	13.7	Age 12-14
10.7	10.8	Age 15-17
22.4	10.0	0-99% Federal poverty level
19.0	18.1	100-199% Federal poverty level
13.7	12.7	200-399% Federal poverty level
9.1	11.2	400% Federal poverty level or more
18.1	16.9	Male
11.5	9.5	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	67.9	
78.2	74.2	Age 10-11
74.2	70.6	Age 12-14
63.3	60.6	Age 15-17
76.8	73.7	Male
65.6	61.5	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	60.9	
61.5	63.8	Age 10-11
61.6	67.9	Age 12-14
53.4	51.1	Age 15-17
62.1	64.2	Male
55.0	57.1	Female
72.9	72.8	Percent of children with at least one parent who exercises regularly